

Chapter 01: Introduction and Overview

1. Synthesizing the approaches covered in the text:

- a. can easily be accomplished after taking an introductory course.
- b. is usually mastered by the end of the first year of one's graduate program.
- c. often requires many years of study, training, and practical counseling experience.
- d. rarely, if ever, happens and is a completely unrealistic goal.

ANSWER:

c

2. Which one of the following is considered an experiential and relationship-oriented therapy model?

- a. Feminist therapy
- b. Cognitive behavior therapy
- c. Behavior therapy
- d. Person-centered approach

ANSWER:

d

3. Which of the following is associated with the cognitive-behavioral action-oriented therapy model?

- a. Existential therapy
- b. Psychoanalytic therapy
- c. Choice theory/Reality therapy
- d. Family systems therapy

ANSWER:

c

4. Which of the counseling therapies has the primary role of thinking, as it relates to influencing behavior?

- a. Psychoanalytic
- b. Adlerian
- c. Person-centered
- d. Cognitive-behavioral

ANSWER:

d

5. Which of the following is *not* a concept covered in the book?

- a. A brief historical sketch of how and why theories were developed
- b. Application of the theory to the cases of Stan and Gwen
- c. A discussion of strategies to improve mental health through a medical model
- d. Application of the theory from a multicultural perspective

ANSWER:

c

6. The author makes a case for

- a. initially getting an overview of the major theoretical orientations and then learning a particular approach by becoming steeped in that approach for some time.
- b. delving deeply into one approach initially and then taking a superficial look at other theoretical models.
- c. learning the theories of counseling only after starting to work with clients in order to make the theories more relevant.
- d. the reader to choose the approach to which he or she subscribes.

ANSWER:

a

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7. Which of the following statements about administrative techniques is true according to the author?
- a. Techniques are substitutes for hard work when developing constructive client-therapist relationships.
 - b. Administrrating techniques to clients without regard for the relationship variables is ineffective.
 - c. Knowledge about personality dynamics is not a requirement for affective client-therapist relationships.
 - d. To be a successful counselor one should not use personal experiences and reactions to serve your clients.

ANSWER: b

8. Which of the following is the main focus of the book?
- a. Addressing ethical issues by balancing personal and professional values
 - b. Establishing a good therapist–client relationship through collaborative efforts
 - c. Improving the mental health of clients
 - d. Developing an integrative approach to various theories

ANSWER: d

9. Which of these statements about interventions is true?
- a. It is helpful to use one type of intervention with most clients.
 - b. During the course of an individual’s therapy, different interventions may be needed at different times.
 - c. It is best to require clients to adapt to your approach to counseling and the interventions that you are skilled at using.
 - d. You should only use counseling interventions when you are certified or licensed.

ANSWER: b

10. Which of the following assumes there is no single truth; rather, it is a belief that reality is social constructed through human interaction?

- a. Postmodern approach
- b. Family systems therapy
- c. Adlerian approach
- d. Reality therapy

ANSWER: a

11. In the case of Stan, what are some of the key themes of his life from his intake interview?
- a. He puts himself down a lot but wants to feel better about himself.
 - b. He has many concerns related to work.
 - c. He is emotional an angry
 - d. He prefers to spend time with himself over family and friends

ANSWER: a

12. Which of the following statements best describes the author’s view of the medical model?
- a. Corey appreciates the focus on psychopathology and believes it gives clinicians the tools to assess what’s wrong with clients.
 - b. A focus on the medical model restricts therapeutic practice because it stresses deficits rather than strengths.
 - c. The medical model emphasizes strengths and competencies rather than psychopathology.
 - d. The medical model is especially relevant for culturally diverse client populations.

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ANSWER:

b

13. Which of the following was the main significance of conducting video sessions for Gwen?

- a. Different therapists worked on their own approaches.
- b. Techniques and programs were conducted based on the preferences of Gwen.
- c. Gwen was able to present her problems within a limited time period.
- d. Gwen was able to relate her past experiences to the present experiences.

ANSWER:

a

14. Gwen was requested to which of the following in the informed consent session?

- a. To know about the use of techniques
- b. To know about the number of sessions and the time duration
- c. To discuss the differences in race and culture
- d. To understand the conditions under which consulting with a supervisor would be preferred

ANSWER:

c

15. Which of the following is *not* an issue that Stan struggles with?

- a. Fear of being alone
- b. Fear of intimate relationships with women
- c. Substance use
- d. Aggressive outbursts

ANSWER:

d

16. The counselor of Stan provided Stan counseling by analyzing from theoretical details from cognitive behavioral therapy alone.

- a. True
- b. False

ANSWER:

False

17. In the case of Stan, the counselor could find attributes of different models to incorporate into a personal style of counseling.

- a. True
- b. False

ANSWER:

True

18. Stan came to counseling because his personal problems made his friends stay away from him.

- a. True
- b. False

ANSWER:

False

19. Gwen sought counseling because she had difficulty staying focused at work and generally felt sad and overwhelmed.

- a. True
- b. False

ANSWER:

True

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20. Sigmund Freud is credited with the development of the psychoanalytic therapy approach.

- a. True
- b. False

ANSWER: True

21. Choice theory/reality therapy applies the principles of learning to the resolution of specific behavioral problems.

- a. True
- b. False

ANSWER: False

22. A summary of the intake interview with Stan was presented to provide a context for making sense of the way therapists with various theoretical orientations might work with Stan.

- a. True
- b. False

ANSWER: True

23. The author suggests to briefly read chapter 15, to provide a comprehensive review of the key concepts from all the theories covered in the textbook.

- a. True
- b. False

ANSWER: True

24. In counseling, it is imperative to account for multiple dimensions of humans to understand human functioning.

- a. True
- b. False

ANSWER: True

25. In the case of Gwen, it is not important to consider her spiritual beliefs since her main concern was being overwhelmed by work.

- a. True
- b. False

ANSWER: False

26. Rudolf Dreikurs is credited with popularizing the Adlerian approach in the United States.

- a. True
- b. False

ANSWER: True

27. Cognitive therapy's gives a primary role to thinking as it influences behavior.

- a. True
- b. False

ANSWER: True

28. Donald Meichenbaum is a prominent contributor to the development of cognitive behavior therapy.

Name _____ Class _____ Date _____
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- a. True
- b. False

ANSWER: True

29. Existential therapy stresses building therapy on the basic conditions of human existence, such as choice, the freedom and responsibility to shape one's life, and self-determination.

- a. True
- b. False

ANSWER: True

30. Michael White and David Epston are the major figures associated with narrative therapy.

- a. True
- b. False

ANSWER: True

31. An experiential approach is Gestalt therapy, which offers a range of experiments to help clients gain awareness of what they are experiencing in the here and now.

- a. True
- b. False

ANSWER: True